



# SMILE • PERFECTION

• WITH DR. ALAN FOSTER •

Produced to improve your dental health and awareness

Spring 2010

## fromthedentist

This is one of the seasons I love the most. Everything we were longing for at New Year's has arrived – it's warm, it's bright, and nature's at its best. And we still have plenty to look forward to.

Some of you will be participating in graduations or weddings, others will be heading out of town, and for sure, most of us will be enjoying outdoor family activities like barbecues and sports. Whatever your plans, the team at *Foster Dental Care* and I want you to know we appreciate you and look forward to seeing you in the future.

We can help your smile with a cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

Call us to arrange your appointment today!

*Yours in good dental health,*

*Dr. Alan Foster*

**(816) 228-6988**

**[www.fosterdentalcare.com](http://www.fosterdentalcare.com)**

## turnthepage

Tips to tread lighter!

Sugar isn't so sweet after all...

Is your child sleeping with ease?

## We Love Summer!

### Balance your schedule & your life

Don't you find that the slower pace of summer is very welcome? Like you, we find our schedules are very full and pretty structured from autumn right through spring. We've been busy with continuing education, working, and let's not forget chauffeuring family to holiday, sport, and school events. Thankfully, summer provides some much-needed balance and way more flexibility both at home and here at the practice.

Now, with so many people traveling and pursuing summer pastimes, we can be more available to accommodate your family's schedule. This is a great time to book appointments you've been feeling too pressured to keep...

**Has it been more than six months since you've seen us?** We'll clean and check your teeth for cavities, chips, cracked or worn fillings, and gum and bite issues.

**Could your smile use brightening?** We'll book you in plenty of time to look great at the beach or for that special wedding or other photo-filled event that's coming up.

**Do you have a partial or other restoration that's getting worn or loose?** We'll do an assessment to ensure your ability to speak or eat isn't affected.

**Planning to participate in summer sports?** The more active you are, the greater the chance of mouth injuries, so we highly recommend a custom-fitted mouthguard for energetic kids of all ages.

Our doors are open to you now and all summer long.

*See You  
Soon!*



### Win a 42" flat screen TV!

See the back page for the winner of the  
Brushing Tips Contest and learn how  
YOU can win a flat screen TV!

*Thank you for all your referrals – we appreciate them!*



## Out Of The Woods

### The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

### You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

## Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

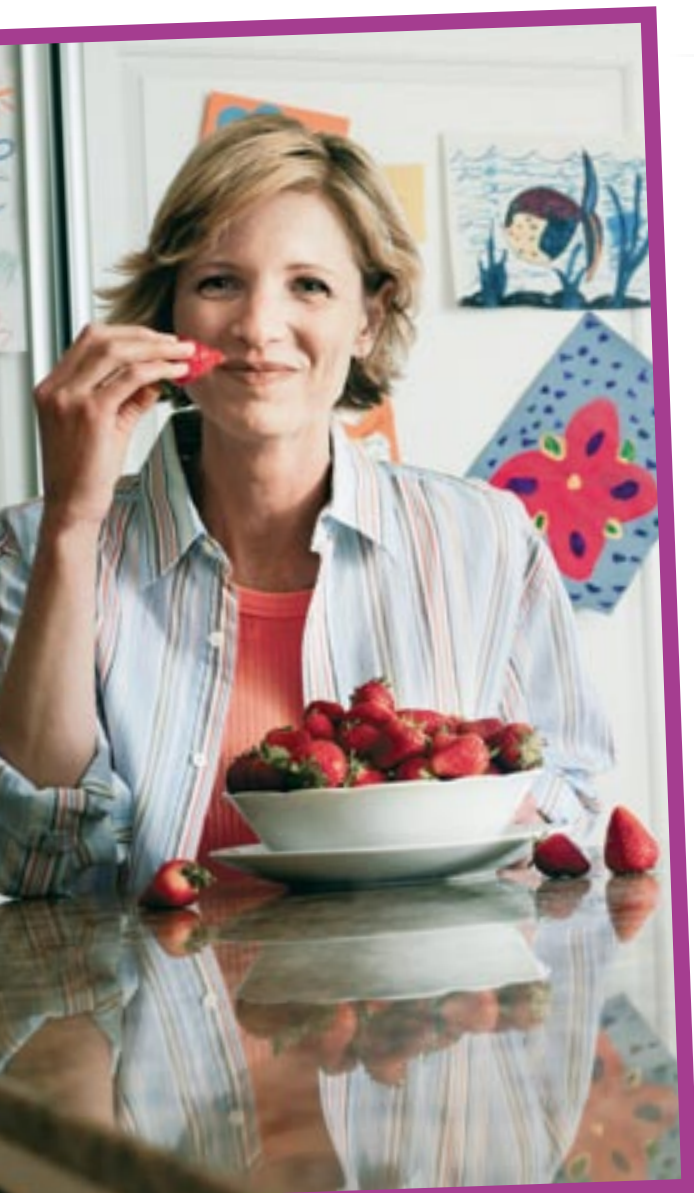
### Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

### What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



# An **Inflammatory** Topic

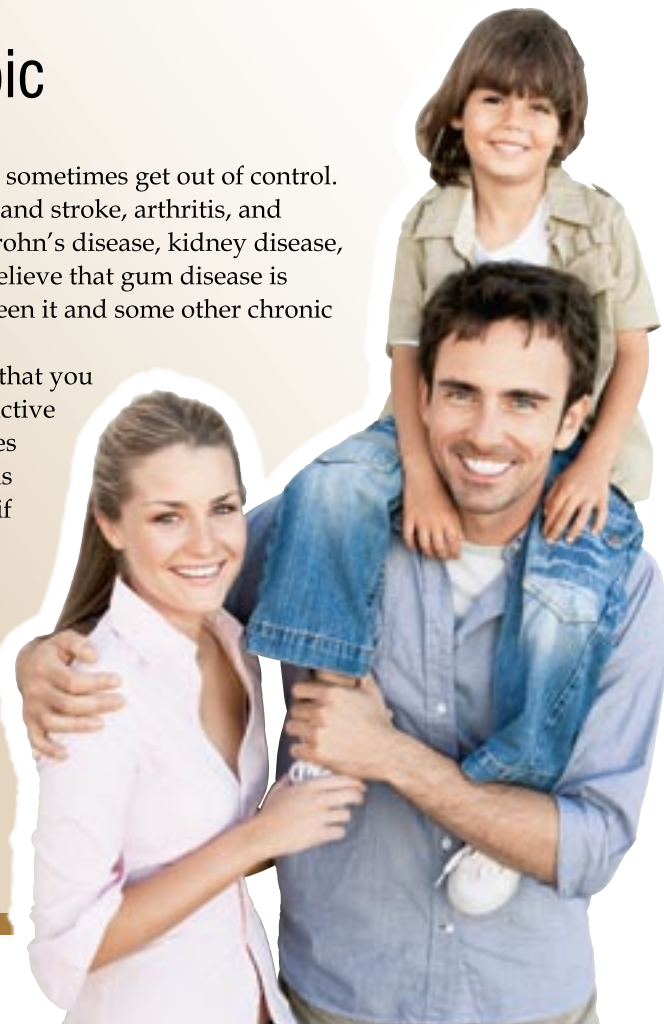
## Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



## While They Sleep

### 3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

## Invisible Strategies

### Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

**White fillings** can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

**Enamel-colored sealants** offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

**Invisible orthodontics** are available in several types: clear aligners, lingual, and clear ceramic.

**White bonding** material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



## In the Spotlight: Front Desk Team



Introducing the Front Desk Team at *Foster Dental Care!* Though their interests outside the office are varied, this team shares the common goal of helping people receive dental treatment that makes them feel better about their life, health and smile.

**Ashley** has been the Scheduling Coordinator for seven months. She has two children that are active in sports and spends most of her evenings and weekends with her husband going to practices and games cheering for their MVP's. Along with spending time with

the family, Ashley also enjoys traveling and cooking.

**Robin** has been a part of the Foster Dental Care team for nine years as the Financial Coordinator. She likes to read, watch movies and find the ultimate recipe for any occasion. An animal lover, Robin has rescued several pets with the help of her husband. Her favorite thing to do is spend time with her family and friends.

**Staci** has been a part of the Foster Dental Care team for 12 years, first as a dental assistant and recently accepted the Patient Coordinator position. Staci spends most of her time with her family, cooking, working on her house and playing with her new puppy. She enjoys traveling and watching reality TV.

By coordinating appointments, talking to insurance companies and explaining treatment plans this team is dedicated in making your dental experience a great one.

## Introducing Smile Dash!

It is now more convenient for you to communicate with *Foster Dental Care!*

**Smile Dash** is a patient friendly portal you can use to access our front desk services, view scheduled appointments or request an appointment. By registering on Smile Dash you can receive appointment reminders via email or text message to your cell phone. This site also includes an online pay feature! To register and learn more, go to:

**www.fosterdentalcare.com**

and click on the Smile Dash icon today!



**Jenny Cramer**, winner of the Brushing Tips Contest and an iPod!

## office information

### Foster Dental Care

#### Dr. Alan Foster

2150 NW South Outer Road  
Blue Springs, MO 64015-6425

#### Office Hours

Monday 8:00 am – 7:00 pm  
Tue & Wed 8:00 am – 5:00 pm  
Thursday 7:00 am – 5:00 pm  
Friday 8:00 am – 12:00 pm \*

\* Phones answered 8 am – 5 pm

#### Contact Information

Office (816) 228-6988  
Fax (816) 228-8494  
Web site www.fosterdentalcare.com

**We're on Facebook! Become a fan today!**

#### Office Staff

Michelle, Pamela, Dolly, Jessica.....  
.....Dental Hygienists  
Desiree, Lindsey, Maria.... Dental Assistants  
Staci.....Patient Coordinator  
Ashley .....Scheduling Coordinator  
Robin .....Financial Coordinator  
Kara .....Hygiene Coordinator  
Rebeca .....Marketing Director



## Congratulations!

*"My toddler loves brushing her teeth since I tried 'The Zoo in my Mouth' technique. I tell her that before she goes to bed, we have to get all the animals out of her mouth. She opens wide and 'oh, my goodness, there's a bear, and there's a lion. Let's get that tiger next.' If I leave out an animal she will remind me that we haven't gotten all of them yet. This may turn into brushing a little longer than you had planned, but that's always a good thing. It's a great way to end the day, easy way to make sure her teeth are clean, as well as a little 'field trip' to the zoo."*

*Great tip Jenny. Thank you for sharing!*



The referral of your family and friends is the highest compliment we can receive as a dental practice. To celebrate all of the great referrals we've received we are raffling off a flat screen TV - for your chance to win, all you have to do is refer a New Patient. Each time you refer family, friends, and colleagues to our office, you automatically qualify for three entries into our contest. Keep referring and we will continue to add more entries for you into our drawing! On your third and subsequent referral you will receive six raffle tickets and increase your chances to win.

\*CALL THE OFFICE FOR OFFICIAL RULES.